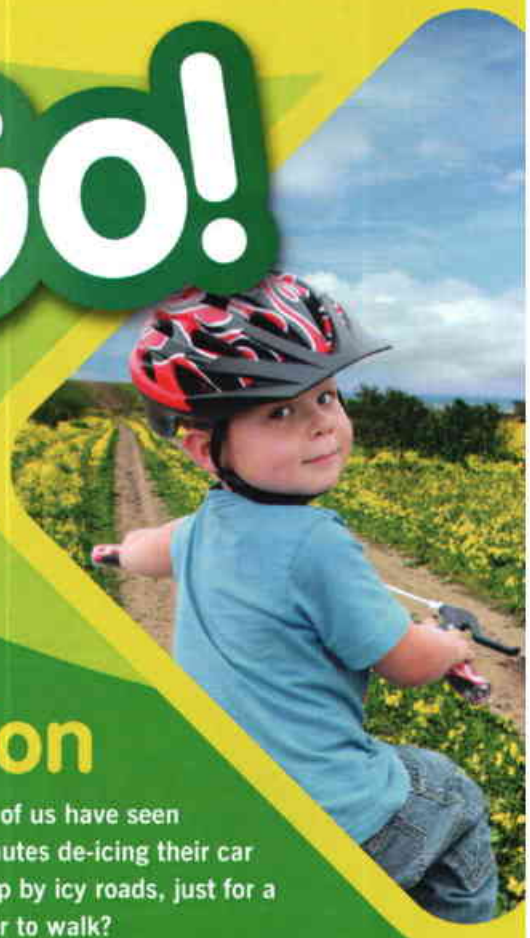
NEWSLETTER
Spring 2010

16th EDITION

SAFER ROUTES TO SCHOOL

Cambridgeshire County Council

Way2Go!



This issue is full of inspiration and information on how to keep safe and healthy on your journeys. So why not give your school run a spring clean and ensure however you travel, you get there safely.

Break out of hibernation

Brrr...it's been a cold winter! How many of us have seen (or been) people who have spent five minutes de-icing their car and a further ten minutes or more held up by icy roads, just for a short journey! Would it have been quicker to walk?

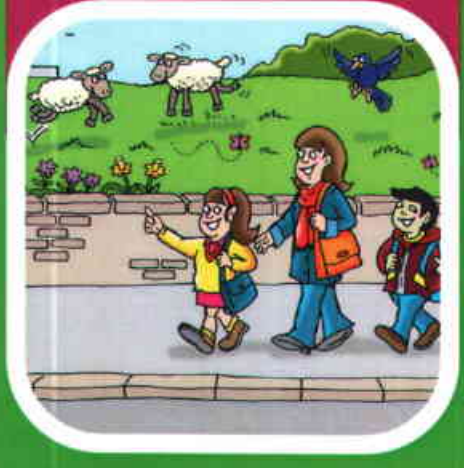
How many of us have ditched our healthy habits and opted to use the car over the winter months? Has your bike been collecting cobwebs in the shed? Have you been using the car for short journeys because it was 'too cold'?

If the answer to any of these questions is yes, then it's time for you to break out of hibernation!

Yes, spring is here so now is the time to leave the cocoon of the car and get outside for the school run. Here are a few reasons why:

- Air pollution levels inside a car are much greater than those experienced by pedestrians.
- Children who cycle to school are generally fitter and healthier than those who use other forms of transport.
- Walking or cycling to school contributes to the recommended 60 minutes of moderate exercise each day.
- Contrary to many people's belief, there are more people injured or killed as car occupants than as pedestrians or cyclists. So being driven to school is not necessarily safer.
- Children who walk, cycle or use public transport have greater opportunities to socialise with others on their way to and from school.

When you do walk or cycle to school, take note of other things in your local environment that are 'breaking out of hibernation'. It's amazing to see how much nature changes each month, week and even day. It could even be something you discuss in class when you get to school.



Safer Routes to School News

Thumbs up by all

The All Party Parliamentary Cycling Group paid a visit to Cambridge on the 11th February to learn about Cambridgeshire County Council's plans to promote cycling.

Who said?

"I used to work in a bank when I was younger and to me it doesn't matter whether it's raining or the sun is shining or whatever: as long as I'm riding a bike I know I'm the luckiest guy in the world."

Pro racer Mark Cavendish, after the second of his four stage wins in the 2008 Tour de France.

During their visit the group cycled to Kings Hedges Primary School and officially opened a new state-of-the-art cycle parking facility at the school. The new shelter will enable pupils and staff cycling to school to have a secure covered place to store their bikes.

Kings Hedges Primary School are part of Cambridgeshire County Council's Safer Routes to School Project and are one of the schools receiving the Cycle Cambridge funding for measures to promote increased cycling.

Pupils, parents, carers and teachers who cycle to the school met the MPs to discuss the importance of cycling to school and benefits of being able to park their bikes safely and securely.

"Cycling is a great way to get to and from school, giving a healthy start to the day. Now with this new cycle storage we hope to encourage more pupils to take the healthy and sustainable option on their school journey knowing that they can park their bikes safely and securely on our school grounds."

Jo Angel, Head teacher at Kings Hedges Primary School

New research says motor vehicles drive climate change

A new study released last week by NASA's Goddard Institute for Space Studies (GISS) concludes that motor vehicles currently are the greatest net contributor to global warming. Cars, buses, and lorries release pollutants and greenhouse gases that promote warming, while emitting few aerosols that counteract it.

The researchers found that the burning of household biofuels for heating and cooking contribute the second most warming. Livestock, particularly methane-producing cattle, contribute the third most.

By contrast, the industrial and power sectors release many of the same gases, but they also emit sulfates and other aerosols that create cooling by reflecting light and altering clouds. However, by 2050, electric power generation will overtake road transportation as the biggest promoter of warming, according to the study.

"Targeting on-road transportation is a win-win-win," study leader Nadine Unger said. "It's good for the climate in the short term and long term, and it's good for our health."

Source: www.giss.nasa.gov/research/news/20100218a

Carless Safer Routes to School!

When people talk about transport, they rarely mean walking or cycling. Transport is often seen as "something you get into" in other words, a car, bus or train. The Safer Routes to School Project work to enable schools and communities to make a real difference to the environment and to enjoy the benefits of sustainable travel.

In February SRTS schools enjoyed a programme of exciting theatre shows, "Carless Talk" organised by the team. The children, their teachers, parents and carers learnt about the benefits and issues with different forms of transport.

Imagine Laurel and Hardy trying to present a serious scientific lecture and you can probably get a good idea of what the show was like! 'Professor' Ellerbeck explains the environmental, safety and social issues involved in different ways of getting to school. His assistant tries to keep up, getting demonstrations ready and setting up displays but needs plenty of help from the audience. Pollution, exercise, group activities, road safety and community action were all covered in the shows.

Cllr Mac McGuire, County Council Cabinet Member for Highways and Access said: "This is an excellent opportunity to promote the health and safety of our children and concern for the environment. Although many children do already walk or cycle to school, large numbers are still dropped at the school gates because parents are concerned about safety. Establishing Safer Routes and Walking Bus schemes can help, allowing children to get to school under their own power in safety. This event shows there are many fun and healthy ways for children to travel to school, which don't cause congestion or pollution."

School Reports

Safer Routes to School at Park Lane School

Who said?

"You always know when you're going to arrive. If you go by car, you don't. Apart from anything else, I prefer cycling. It puts you in a good mood, I find."

Playwright Alan Bennett

Our school travel plan written in January 2008 had outlined the thorny issue of inconsiderate parking by some parents, which compromised the safety of our pupils who walked, cycled or scooted to school. As a result we applied to join the Safer Routes to School initiative, hoping this would enable us to make a difference at our school.

Once we knew our application had been successful, fliers were sent to all local residents, governors and parents inviting them to form a working party. Eventually one governor, one local resident, several parents and me as the school representative formed a working party. The other crucial member of the team was our Safer Routes Officer who had all the knowledge, experience and – crucially – the contacts to ensure our plans were converted into positive actions.

As a result, within one year from our first meeting we have installed a new parent's waiting shelter, a new scooter storage rack and a second cycle rack. The road surface outside school has been made good in preparation for new lights and red surface markings. Discussions have been held with engineers and planners to improve the pedestrian accesses to school. We have had visits from a maths show and a 'keeping fit' assembly provided by the SRTS team.

We have also sent leaflets and fliers home to encourage parents to 'park and walk' so that the area immediately outside the school gates is less congested. As part of this we have started a "Feel Fit Friday" totaliser. A large beanstalk has been created in the main hall with empty leaves on it. Every Friday each class is asked the total number of children who have walked, cycled, scooted or 'ridden and parked' to school. Pupils collect the figures and write the whole school total on a beanstalk leaf. This ensures that the issue continues to have a high profile.

Fewer cars parked illegally and selfishly will make the school journey healthier and safer for our pupils and ensure that local residents will be able to use their driveways more easily at the start and end of the school day.

Wendy Seaford, Deputy Head and School Co-ordinator

Safer Routes gets busy at Bourn

Bourn Primary School joined SRTS some years ago and like many schools they have issues with parents parking outside the school gates. The parked cars make it very difficult for pedestrians to cross and also result in some interesting scenes with the school bus, which has to navigate past these cars on a tight corner on a narrow road!

Who said?

"Don't let people drive you crazy when you know it's in walking distance."

Bob Weir of the Grateful Dead

The Bourn working group identified a number of improvements that they would like to see and with the support of Cambridgeshire County Council's South Division traffic engineer these measures are now being put in place. They include refreshing the worn out zig zag markings and putting down parking restrictions at two key locations. More recently a turf mesh path has been installed across the grass verge outside the school to provide pedestrians with a safer route. Despite the wet weather, the path is already getting lots of use and lots of parents have given it the thumbs up, particularly those with double buggies who are now able to choose an alternative and easier route to school.

Saying goodbye for the third time!

Cromwell Primary School have just been signed off their Safer Routes to School Project. This is the third time that Head teacher Miss Stephanie Barnard has said goodbye to her Safer Routes to School Project Officer! This is because Miss Barnard has worked on Safer Routes to School Projects at three of her schools. She said 'The Safer Routes to School project is a great benefit to schools, engaging children and the wider community in a project which promotes sustainable travel with all its associated health and environmental benefits.

Cromwell Park Primary School, have been very involved in the project, things we have done have varied from helping the SRTS team to make a film about sustainable travel through to having special events and activity days. We were also able to successfully bid for improvements to our school site, which ranged from new cycle and scooter storage through to a parent waiting shelter, a ca park barrier and, as a lovely finishing touch we had some special road safety markings installed which were designed by one of our children.

The SRTS team are looking forward to working with Miss Barnard again in the future and would like to thank the school for all their commitment and hard work.

How to shed your untidy bikes!

These photos were taken in November 2009 at Bottisham Primary School and illustrate the steps that need to be taken. If you want to know more about getting shelters, ask your Safer Routes To School Project Officer who will be able to help you.

Step 1 – Find a suitable location

Ideally this should be level although it is possible to site shelters on a gentle slope. A concrete surface is best. Shelters can be sited on tarmac or grass but this means we will have to provide concrete foundation blocks or a concrete base. It doesn't have to be clear, we (or the school) can sort that out.

Step 2 – Prepare the site

Put in the foundation blocks or concrete base if needed and clear the area.

Step 3 – The shelter arrives

The shelter will be delivered on a flatbed truck – rather like a big kit and is put together by experienced installers.

Step 4 – The finished shelter

Looks good and is being well used.

School Crossing Patrol News

New coats make a big impression!

Be safe, Be seen for our staff

The service has recently invested in some new High viz jackets to support the sites where we currently have the Stop Means Stop signs in an attempt to make our Patrollers more visible when they are on duty.

The first comment received back from Mitzi who works at Swavesey Primary school was that the children liked the colours while the parents were impressed they could see her from the next village. While I would suggest that they may have been exaggerating slightly this would be a good indication of how the introduction of another colour had the desired effect in making Mitzi more obvious to drivers and parents alike. We hope to be investing in further supplies of this style of coat over the next few years.

SCHOOL ENTRANCE
Parents-Every Child is Your Responsibility
SCHOOL – KEEP – CLEAR
NO PARKING ON YELLOW ZIG ZAG LINES
CHILDRENS LIVES ARE AT RISK

Parking outside of the school on the keep clear zig zag lines continues to be a problem area and schools may not be aware that signs are available for them to install. They are available free of charge to schools to put up at trouble spots to remind parents that they must park away from the school gates for the safety of all pupils.

Zig zag signs are available free of charge for schools to put up themselves. If these are of interest please contact the office on 01480 375148 and we will arrange delivery of the signs.

Goodbye and Thank you to:

Carol Holt – Eastfield, St Ives

Michelle Day – Spring Meadow, Ely

Welcome to:

Natalie King – Fourfields, Yaxley

Who said?

"Nothing compares to the simple pleasure of a bike ride."

John F. Kennedy

Winning Ways

Who said?

"The best remedy for a short temper is a long walk."

Barack Obama, 44th President of the United States

Walk to School 2010

A LIVING STREETS CAMPAIGN

Competition Time for Walk to School Week 2010!

Walk to School Week is coming soon, so why not use this special week to break out of hibernation and to look forward to an active, healthier summer! This year the week will run from 17th – 21st May and the theme will be "Walk Your Way", encouraging children and parents to explore the independence benefits of walking to school.

Building on the success of previous Walk to School Weeks, Cambridgeshire County Council is promoting the initiative to all schools across Cambridgeshire with packs of free resources for participating primary schools and nurseries.

Competitions for all Key Stages

This year we want to make the event bigger, better and involve more pupils and students. Competitions aimed at Primary and Secondary schools are being run, with some great prizes to be won. Key Stage 1 & 2 pupils are invited to wax lyrical with the "On the Way to School Today" poetry competition, whilst Key Stage 3 & 4 students are challenged to get snapping with the "Inspirational Travel" photography competition.

Schools have been notified about how to order resources and take part in the competitions, and we are looking forward to judging the great poetry and photography that we know the pupils and students of Cambridgeshire can produce!

For more details on Walk to School Week please contact Katy Taylor on (01480) 376717, email catherine.taylor@cambridgeshire.gov.uk or visit the official website at www.walktoschool.org.uk

sustrans

JOIN THE MOVEMENT

Sustrans School Travel writing competition – great prizes up for grabs!

Sustrans (the UK's leading sustainable transport charity) want to hear what Key Stage 2 and 3 pupils would tell the government to do, to make it easier to walk and cycle to school. They are running a competition challenging pupils to write a letter or newspaper editorial addressed to the government.

The successful pupil will **win a bike** and there are six runner-up walking and cycling packs up for grabs.

Sustrans will be looking for entries which contain creative, imaginative and innovative ideas in both key stages. Entries should also demonstrate an awareness of sustainability, health and safety issues.

You can download the submission form, a pupil entry template and a competition resources document (for both key stages) from its website so visit **www.sustrans.org.uk** to find out more!

Closing date is 5pm Thursday 1st April 2010. Winners will be announced during Bike to School Week (26-30 April 2010).

World Environment Day (WED)

5th June 2010

You are one in a million or, more precisely, one in 15 million species that, scientists say, inhabit our planet. Yet humans are among only a handful of species whose populations are growing, while most animals and plants are becoming fewer.

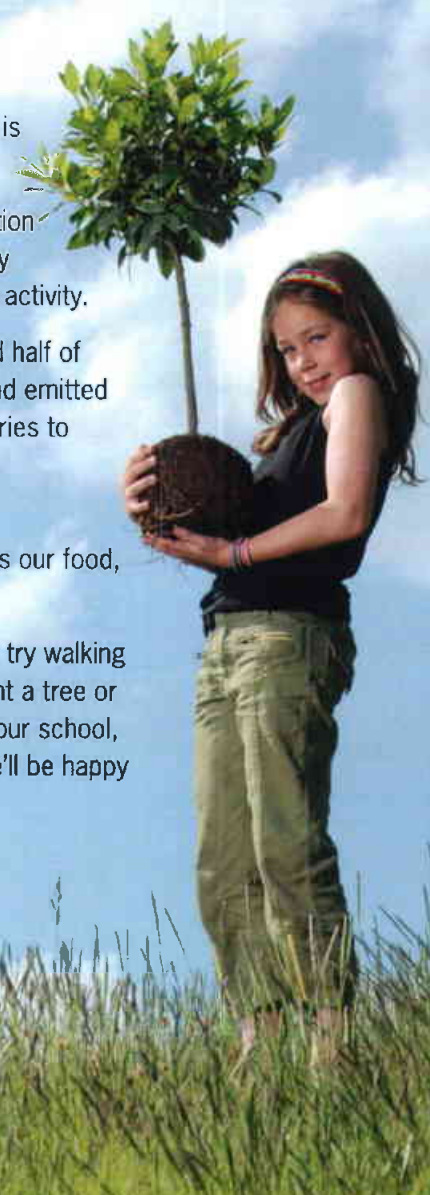
WED 2010 is planned to be the biggest, most widely celebrated, global day for positive, environmental action. The theme this year is *Many Species. One Planet. One Future.*

A total of 17,291 species are known to be threatened with extinction – from little-known plants and insects to birds and mammals. Many species disappear before they are even discovered due to human activity.

Humans have cleared much of the world's original forests, drained half of the world's wetlands, depleted three quarters of all fish stocks, and emitted enough heat-trapping gases to keep our planet warming for centuries to come, making species extinctions occur at up to 1000 times the natural rate.

The variety of life on our planet – known as 'biodiversity' – gives us our food, clothes, fuel, medicine and much, much more.

There are many things your school could do to take part: Why not try walking or cycling to school or organise a clean up of your local area, plant a tree or promote recycling at your school. If you are running an event at your school, contact the Way 2 Go team if you want to submit an article, as we'll be happy to include it in a forthcoming edition.



Road Safety News

Is Your Bike Tip Top?

The cold winter has finally passed and at last the sun is shining which means it's time to get out and have some fun on our bikes! Here are three top tips to get you ready for the cycling season.

Tip one

Check your bike. Use this simple **ABC** check to make sure your bike is working properly:

A – Air: Give both your tyres a squeeze to check that they are fully inflated. If you can squeeze them in they probably need pumping up.

B – Brakes: Both your front brake (right hand side) and your back brake (left hand side) should stop the wheels turning when you pull the brake levers. If they don't, you will need to get your brakes adjusted. This is really important!

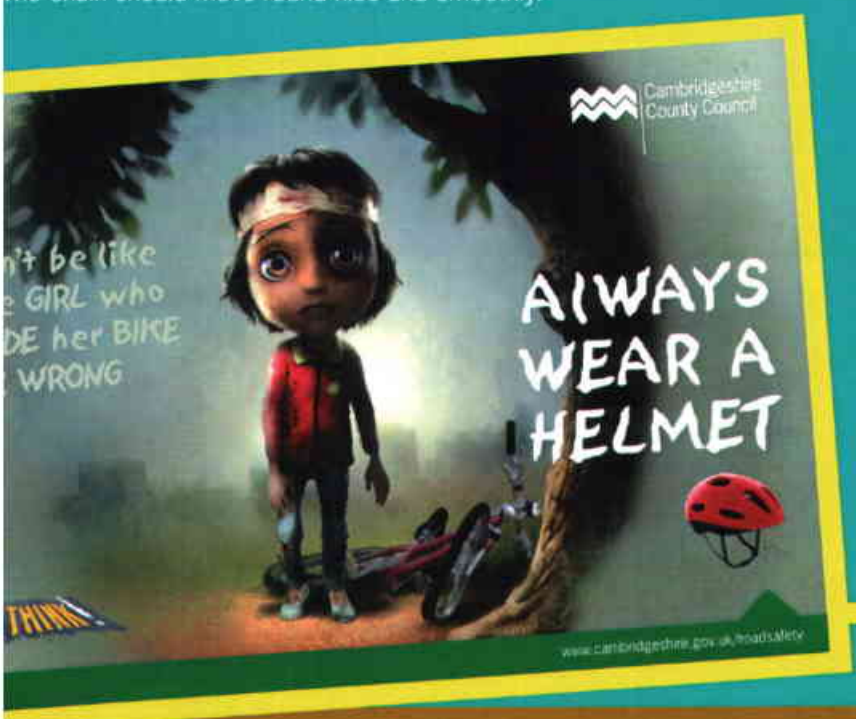
C – Chain: These can get very rusty and dried out. Put on some gloves to protect your hands from any dirt and give each chain link a wobble to make sure it is loose, then go round and lubricate each link with some chain oil. The chain should move round nice and smoothly.

Tip two

Wear appropriate clothes for the ride you are doing and also carry a drink with you on those long cycle rides.

Tip three

Eat the right food. You are the bikes engine, and engines need fuel to run, food is your fuel!



Are you doing a project on Road Safety for 3-5 year-olds?

Little Windmills Pre-school children enjoy using the toy bag resources.

Winning design gives new look to cycle safety

Competition winner Meghan Stevens along with her bike, accessories, winning poster and Safer Cycling Instructor Tracey Lee.

Posters encouraging pupils of primary schools around Cambridgeshire to cycle safely have a new look about them, with the latest design drawn by one of their peers. Year six pupil Meghan Stevens' winning design was chosen out of entries from schools across the county. Her hand-drawn design has been scanned and reproduced so it can be displayed in other schools to inform pupils how to cycle safely and look after their bike.

As well as having her design reproduced Meghan has won a new bike with accessories and a road safety 'goody' bag. Three runners-up: Orly Welch, Grace Witney-Fahey and Grace Lofts also received road safety 'goody' bags.

Matt Staton, Road Safety Officer for Cambridgeshire County Council said;

"Meghan's design really stood out as it was bright and very informative. It was obvious that a lot of effort had been put in and Meghan had remembered all the information she had learnt during the Safer Cycling course she had completed at her school earlier in the year. The competition has been very successful in encouraging pupils to discuss cycling safely, which was evident from all the entries the Road Safety Team received. I hope pupils in other schools will find Meghan's poster as informative and attractive as we have and learn something about cycle safety from it."

For more information on cycle training courses available to both children and adults please contact the Cycling Education Officers on 01480 376721

Who said?

"When I see an adult on a bicycle, I do not despair for the future of the human race."

H.G. Wells

Did you know about the Road Safety Toy Bag?

This bag is full of puzzles, games, books and toys all with a road safety theme.

The kit also includes a mini zebra crossing with Belisha Beacons, mini Police and School Crossing Patrol outfits and a lollipop stick.

For more information or to book a bag call Lyn Hesse on 01480 376718

We usually loan out the resources for 2 weeks at a time and will deliver and collect.

Safety Zones 2010

The 2010 Safety Zone season is well and truly under way, after the Cambourne Safety Zone started the ball rolling in February with a brand new three day event (8-10 February). This new addition to the Safety Zone calendar gave Year 5 children in the area the opportunity to take part in a fun educational experience, where they had the chance to learn about risk in a safe environment.

Safety Zones have been running for a number of years in the county and this year's events are planned as follows:

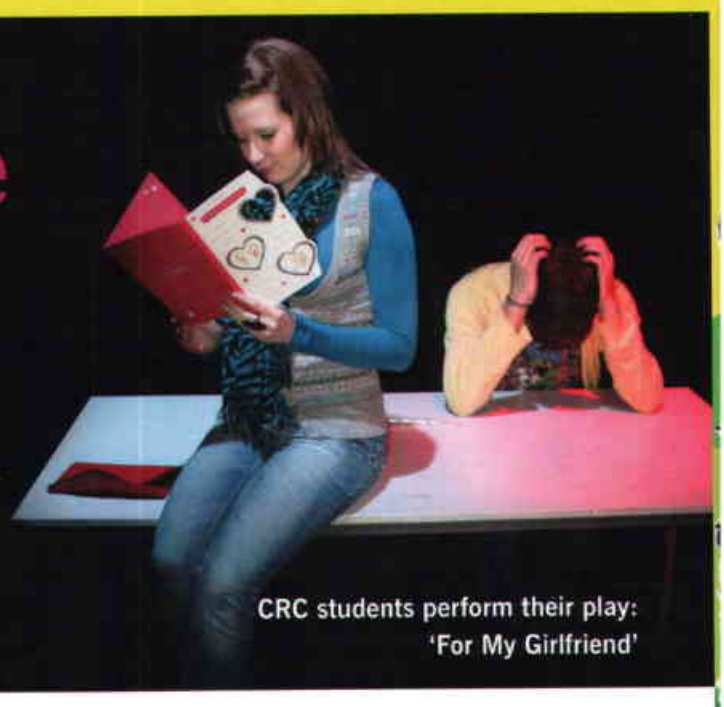
March	March 1-5
Whittlesey	March 8-10
Abington	May 6-7
St Neots	May 17-21
St Ives	June 7-11
Cambridge	June 21-25
Wisbech	July 5-9
Ely	Oct 4-8

As usual a variety of different agencies will be participating including CCC Road Safety, CCC Trading Standards, Fire, Police, St John Ambulance, Dog Warden, Environmental Health, and EDF energy. Each agency provides an interactive 'scenario' of approximately 15 minutes. The Year 5 pupils are divided into small groups and move from scenario to scenario at which expert staff involve the children in an activity designed to get them to think about making safe decisions, from what to do in the event of a fire or why it is essential to wear a seatbelt.

If your school is not attending a Safety Zone this year but is located in an area where Safety Zones are being held and you would like an invitation to next year's event please contact the Road Safety Education team on 01480 376716 for more information.

Think! Don't hurt the one you love!

Cambridgeshire and Peterborough Road Safety Partnership's 'For My Girlfriend' Valentine campaign targeted young male drivers aged between 17-24 years old who are over represented in the crash statistics.



CRC students perform their play: 'For My Girlfriend'

Changing the attitude and driving behaviour of young males has traditionally proved difficult, as the message that they themselves could be killed or seriously injured through driving unsafely gets ignored all too often.

However, research reveals that the prospect of killing or maiming someone they love, such as their girlfriend, was potentially key to young males taking notice and refraining, for example, from driving too fast, without enough care and attention or handling control.

A theatre production has been commissioned with Cambridge Regional College arts students, who have provided invaluable insight into how to get safer driving messages across to their peer group.

The forty minute play was shown initially to a select audience on Tuesday 9th February at Cambridge Regional College and was met with a very positive response. It is hoped the play will tour colleges and schools later in the year, taking the lifesaving road safety message to students throughout Cambridgeshire and Peterborough.

In addition, a road safety advert competition has been run on Star Radio, asking listeners to produce a 30 second radio script along the 'For My Girlfriend' campaign theme. The winner, Jessica-Mae Yerrel, will hear her advert played on Star radio, and also received a free Valentine's meal for two, with their taxi fare home paid to avoid any risk of drinking and driving. A runners-up prize of an iPod docking station was won by Ellie Dowles.

Phil Rennie, Road Safety Officer for Cambridgeshire County Council, said: "Young males, and indeed all males, are significantly over represented in the casualty figures across Cambridgeshire and Peterborough, the Eastern Region and indeed the UK, and for offences such as drinking and driving.

"We urge all drivers to consider not just their own safety, but also the safety of their passengers and other road users. Our message to all drivers is drive safely, within the speed limit and without being under the influence of alcohol, otherwise you could kill someone, and that someone could be your mate or a loved one. Think! Don't hurt the one you love...get there safely."

To submit articles or for more information please contact:

Safer Routes to School
Tel: **01480 375105**
Email: **safer.routes@cambridgeshire.gov.uk**
Web: **www.cambridgeshire.gov.uk/saferroutes**

Safer Routes to School/Road Safety,
Box ET1031, Stanton House, Stanton Way,
Huntingdon, Cambridgeshire, PE29 6XL

Way2Go!

Editors: Rosemary Mullen and Matt Staton
Proof reader: Jane Major
Design: www.dynamiccreative.co.uk 01353 661997
Way 2 Go is printed on recycled paper.
Please Recycle!